

# Menu and Order Form

**Meal selection available commencing December 2025**

## Step 1:

Please complete the information below:

Name	
Address	
Telephone	
Date of Order	
Delivery Start Date	

How many meals per week would you like?	
Which days would you like delivery? <i>You can choose multiple days or have all meals delivered on one day. You must be home to receive your meals between 8.30am &amp; 12.30pm.</i>	<input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday
Please tick your preferred delivery option. You can change your order at any time, however we require 3 working day's notice.	<input type="checkbox"/> Weekly <input type="checkbox"/> Fortnightly <input type="checkbox"/> Monthly (4 x Weekly)

*We can provide a limited selection of Wheat/Gluten free meals. However, we can't guarantee these are suitable for people with Coeliac disease. Known allergens have been stated next to each meal item on the menu. We are unable to modify any meals.*

***Please only select meals from the menu that meet your dietary needs. If you have any serious food allergies, dietary requirements or require Texture Modified Food, please contact our staff to discuss prior to ordering.***

## Step 2:

Select the items you would like to have delivered each week from the attached menu. **If you would like to change your order, we request 3 working days' notice for any change to come into effect.** If you would like a weekly rotating menu, please indicate the meals you would like to receive and note Week 1 and Week 2.

## Step 3:-

Orders can be placed by:

- Emailing [meals@chorus.org.au](mailto:meals@chorus.org.au)
- Calling our Team Monday to Friday between 8.00am & 2.30pm on **9435 1379** (please note we are closed on public holidays)
- Handing the form to your delivery driver

Main Meal	Number Required
Baked Chicken and Gravy with stuffing, roast potatoes, carrots & broccoli ALLERGENS: MILK, EGG, WHEAT, GLUTEN (MAY CONTAIN SOY, SULPHITES)	
Baked Lemon & Herb Fish with smashed jacket potatoes, cabbage & peas* (GF) ALLERGENS: FISH	
Beef in Red Wine Casserole with mashed potato, pumpkin & broccoli (GF) ALLERGENS: MILK, ALCOHOL, SULPHITES	
Beef Lasagne with spiced sweet potato & broccoli ALLERGENS: WHEAT, GLUTEN, MILK	
Cauliflower & Chickpea Curry with Turmeric Rice with pumpkin & green beans (GF) (V) ALLERGENS: WHEAT, GLUTEN, MILK, SULPHITES	
Chicken Korma & Turmeric Rice with pumpkin & green beans (GF) ALLERGENS: MILK, SULPHITES	
Creamy Mushroom Pasta with carrots & cabbage (V) ALLERGENS: MILK, WHEAT, GLUTEN, SULPHITES	
Fish Cakes with Lemon Herb Sauce with sweet potato & green beans* ALLERGENS: FISH, MILK, WHEAT, GLUTEN, EGG	
Honey Soy Chicken and Hokkien Noodles with cauliflower & mixed vegetables* ALLERGENS: WHEAT, GLUTEN, SOY, SESAME	
Lamb Irish Stew with carrot & cabbage ALLERGENS: BARLEY, GLUTEN, (MAY CONTAIN MILK, SOY, SULPHITES)	
Lamb Tagine & Basmati Rice with sweet potato & brussel sprouts (GF) ALLERGENS: SULPHITES	
Leek, Potato & Feta Tart with sweet potato & peas* (V) ALLERGENS: MILK, WHEAT, GLUTEN, SOY	
Lentil Shepherd's Pie with pumpkin & broccoli (V) (GF) (not suitable for texture modification) ALLERGENS: MILK	
Pork Sausages & Onion Gravy with mashed potato, carrots & peas (GF)* ALLERGENS: MILK, SULPHITES, SOY	
Pumpkin & Spinach Pasta with sweet potato & brussel sprouts (V) ALLERGENS: MILK, WHEAT, GLUTEN	
Pumpkin Risotto with carrots & peas* (GF) (V) ALLERGENS: MILK, SULPHITES	
Roast Beef & Gravy with cauliflower bake & peas* ALLERGENS: MILK, WHEAT, GLUTEN, (MAY CONTAIN SOY, SULPHITES)	
Roast Pork, Apple Sauce & Gravy with roast potatoes, green beans & pumpkin* (GF) ALLERGENS: (MAY CONTAIN MILK, SOY, SULPHITES)	
Spinach & Feta Filo with cauliflower & peas (V) ALLERGENS: MILK, WHEAT, GLUTEN, EGG (not suitable for texture modification)	
Spinach & Ricotta Lasagne with sweet potato & broccoli (V) ALLERGENS: MILK, WHEAT, GLUTEN	
Zucchini & Corn Fritters with Tomato Chutney, sweet potato & green beans (V) ALLERGENS: EGG, WHEAT, GLUTEN, MILK (not suitable for texture modification)	

Salad - ORDERS FOR SALADS MUST BE PLACED THURSDAY WEEK PRIOR	Number Required
Cold Chicken with Garden Salad (GF) (not suitable for texture modification) ALLERGENS: EGG	
Pumpkin, Feta & Rocket Salad (GF) (V) (not suitable for texture modification) ALLERGENS: MILK, WHEAT, GLUTEN	
Thai Beef Noodle Salad (GF) (not suitable for texture modification) ALLERGENS: FISH, SULPHITES	
Zucchini Slice with Greek Salad (GF) (V) (not suitable for texture modification) ALLERGENS: EGG, MILK, SULPHITES	

(V) Vegetarian (GF) Gluten Free

\* Peas will be replaced with brussel sprouts or broccoli, green beans will be replaced with carrot or broccoli and Thai Vegetable mix will be replaced with broccoli in texture modified meals.

Soup	Number Required
Chicken & Vegetable Soup <i>(not suitable for texture modification)</i> ALLERGENS: NONE	
Creamy Corn Soup <b>(V)</b> <b>(GF)</b> <i>(not suitable for texture modification)</i> ALLERGENS: MILK	
Mixed Vegetable Soup <b>(V)</b> <b>(GF)</b> ALLERGENS: NONE	
Mushroom Soup <b>(V)</b> <b>(GF)</b> ALLERGENS: MILK	
Pea & Ham Soup <b>(GF)</b> ALLERGENS: MILK	
Potato & Leek Soup <b>(V)</b> <b>(GF)</b> ALLERGENS: MILK	
Pumpkin Soup <b>(V)</b> <b>(GF)</b> ALLERGENS: MILK	
Sweet Potato and Tomato Soup <b>(V)</b> <b>(GF)</b> ALLERGENS: NONE	

Desserts	Number Required
Apple Strudel <i>(not suitable for texture modification)</i> ALLERGENS: MILK, WHEAT, GLUTEN, SOY	
Blueberry & Peach Teacake <i>(not suitable for texture modification)</i> ALLERGENS: EGG, MILK, WHEAT, GLUTEN	
Choc Cherry Tea Cake with Cream <i>(not suitable for texture modification)</i> ALLERGENS: WHEAT, GLUTEN, MILK, SOY	
Date & Apple Cake <i>(not suitable for texture modification)</i> ALLERGENS: WHEAT, GLUTEN, MILK, EGG	
Lamington with Jam & Cream <i>(not suitable for texture modification)</i> ALLERGENS: EGG, MILK, WHEAT, GLUTEN, SULPHITES	
Lemon Cheesecake ALLERGENS: MILK, WHEAT, GLUTEN, EGG, SULPHITES	
Mango Passionfruit Custard Sponge <i>(not suitable for texture modification)</i> ALLERGENS: WHEAT, GLUTEN, MILK, EGG	
Panna Cotta with Berry Sauce ALLERGENS: MILK, SULPHITES <b>(GF)</b>	
Pineapple Impossible Pie <i>(not suitable for texture modification)</i> ALLERGENS: MILK, EGG, WHEAT, GLUTEN, SULPHITES	
Rhubarb & Apple Crumble with Custard <i>(not suitable for texture modification)</i> ALLERGENS: MILK, WHEAT, GLUTEN, OATS, SULPHITE	
Rice Pudding <b>(GF)</b> ALLERGENS: MILK, <b>(GF)</b>	
Tiramisu ALLERGENS: EGG, MILK, WHEAT, GLUTEN	